

Claims

- [c1] 1.Administering an effective amount of forskolin to a human for the novel purpose of psychostimulation without adverse side effects.
- [c2] 2.Psychostimulation according to claim 1 which consists of increased mental alertness and wakefulness.
- [c3] 3.Side effects according to claim 1 which consists of increased heart rate, feelings of nervousness, increased blood pressure and addictiveness.
- [c4] 4.Forskolin according to claim 1 which is obtained through synthetic means or through extraction from *Coleus forskohli*.
- [c5] 5.An effective amount of forskolin according to claim 1 which is between 30mg and 500mg per day.
- [c6] 6.An effective amount of forskolin according to claim 5 which is most preferable between 75mg and 150mg per day.
- [c7] 7.Forskolin according to claim 1 that is administered perorally as tablets, hard or soft gelatin capsules, sachets, or as a powder, including effervescent powder, or

liquid.

- [c8] 8.Administering an effective amount of forskolin to a human for the novel purpose of reducing food intake and appetite for food without adverse side effects.
- [c9] 9.Adverse side effects according to claim 8 which consists of increased heart rate, feelings of nervousness, increased blood pressure and addictiveness.
- [c10] 10.Forskolin according to claim 8 which is obtained through synthetic means or through extraction from *Coleus forskohli*.
- [c11] 11.An effective amount of forskolin according to claim 8 which is between 30 and 500mg per day.
- [c12] 12.An effective amount of forskolin according to claim 11 which is most preferable between 75 and 150mg per day.
- [c13] 13.Forskolin according to claim 8 that is administered perorally as tablets, hard or soft gelatin capsules, sachets, or as a powder, including effervescent powder, or liquid.